

A photograph of two women walking a black dog in a grassy park area with trees in the background. The woman on the right is wearing a white tank top and blue jeans, and the woman on the left is wearing a grey tank top. They are both smiling and looking at each other. A purple circle in the top right corner contains the text 'Rethink Mental Illness'. A large purple shape on the left side contains the text 'Group and Activity Listings for...'. An orange shape at the bottom contains the text 'Salisbury' in a white script font.

Rethink  
Mental  
Illness

# Group and Activity Listings for...

*Salisbury*



## Social and Wellbeing

### Wellbeing Café – Salisbury

Wellbeing Cafés provide a warm welcome for anyone feeling isolated, lonely or anxious about meeting new people.

- Salisbury Playhouse Café (Malthouse Ln)
- Every Wednesday (14-15:30)

<https://www.rethink.org/wiltshirewellbeingcafes>

### The Community Cafe

A place to give members the space and time to get to know us and each other. This café is for anyone in Salisbury who wants to join us.

- Salisbury Baptist Church, 41 Brown St, SP1 2AS
- Every Tuesday morning (10:00-12:00)
- T: 01722 417100

### Bemerton Heath Community Café

Offers a variety of services and activities for the local community. Includes community fridge and social activities.

- St Michael's Community Centre, 96 St Michael's Road. SP2 9LE
- Café is open Monday to Friday (10:30 to 14:00)

<https://bemertonparish.org.uk/contact>  
<https://bemertonparish.org.uk/community-fridge-larder/>

### Muse

It was established at the start of the Covid pandemic to help members of our community who found themselves isolated and alone.

- For further details please enquire.
- E: musecic@gmail.com
- T: 07515 822 479

### Muse-Salisbury Area Memory Support Group

This group gets together every Wednesday morning in a private home in Salisbury and provides a safe and comfortable space for people living with dementia to meet and to talk.

- E: musecic@gmail.com
- T: 07515822479 (Contact: Jane Ebel)

[www.dementiavoices.org.uk](http://www.dementiavoices.org.uk)

### Muse- Get Connected Project

A project to support older and more disadvantaged people who were suddenly cut off from family and friends.

- Please see website for details.

<https://musecio.org/what-we-do/uk/>

### Reading Friends

A relaxing opportunity to meet others and stimulate positive memories, in a friendly supportive group conversation. The sessions are free of charge.

- Salisbury Library, Market Walk. SP1 1BL.
- Fortnightly - Thursdays 11:00-12:30
- E: libraryenquiries@wiltshire.gov.uk
- T: 01722 324145

### Golden Oldies (Goldies)

The Golden-Oldies Charity (or Goldies) provide regular singing sessions and events for older people across Wiltshire.

- E: events@golden-oldies.org.uk
  - T: 01761 470006
- For dates, times and venue please see website.

<https://www.golden-oldies.org.uk/wiltshire.html>



...cont...

### Salisbury Repair Café

There are now over 20 volunteers attached to the Café, and the enthusiasm to pass on repair skills to a younger generation is driving the development of the How to... Café.

For further details please see website.

<https://www.salisburyrepaircafe.org/>

### Hope Centre Book Group

Informal group, it's a real page turner!

- Hope Centre Rooms 1 and 2, St Paul's Community Centre, 159-161 Fisherton St, Salisbury SP2 7RP
- First Monday of the month 11:45-12:45
- E: [hello@wearestpauls.church](mailto:hello@wearestpauls.church)
- T: 01722 334005

### The Pantry Partnership - Cooking Workshop

Cooking workshops for anyone and everyone – Student Workshops open to school leavers, young people fending for themselves for the first time.

- See website for further details.

[www.thepantrypartnership.org/activities](http://www.thepantrypartnership.org/activities)

### withINsight Social

Informal social get-togethers for neurodivergent people in and around Salisbury who are looking for a relaxed and welcoming way to meet others.

- Everyman Cinema, 17 Endless Street, Salisbury, SP1 1DP
- First Tuesday of the month 19:00-21:00
- E: [emily@withinsightcoaching.co.uk](mailto:emily@withinsightcoaching.co.uk)
- T: 07719 735617

<https://www.withinsightcoaching.co.uk/events/withinsight-social/>

### U3A

u3a is about learning, socialising and friendship for those who have finished full time work and raising a family.

u3a offer numerous groups and activities across all categories and interests. Contact local branch for more details.

<https://northwilts.u3asite.uk/>



## Music, Singing and Dance

### Movement for the Mind - Alzheimer's Support

Movement for the Mind groups meet fortnightly for gentle exercise to music in a supportive and friendly group setting.

Please refer to website for information on local groups.

<https://www.alzheimerswiltshire.org.uk/movement-for-the-mind>

### Music for the Mind - Alzheimer's Support

Singing group for those with dementia and their carers.

Please refer to website for information on local groups.

<https://www.alzheimerswiltshire.org.uk/music-for-the-mind>



## Support Groups

- |                                      |  |   |
|--------------------------------------|--|---|
| <b>Life Recovery Group</b>           | A group which supports those who struggle with life controlling issues and addictions.   | <ul style="list-style-type: none"><li>• Hope Centre Rooms 1 and 2, St Paul's Community Centre, 159-161 Fisherton St. SP2 7RP</li><li>• Thursdays 17:30 - 19:00</li><li>• T: 07722 237850 if you would like to join this group.</li></ul>  |
| <b>NAS South Wiltshire</b>           | Generally, a group of like-minded people from the autism community making things better for ourselves.   | <ul style="list-style-type: none"><li>• The community space, Tesco Southampton Road SP1 2NY.</li><li>• First Monday of each month (not bank holiday).</li><li>• E: <a href="mailto:NASSouthWiltshireBranch@nas.org.uk">NASSouthWiltshireBranch@nas.org.uk</a></li><li>• T: 07795 368113</li></ul>                             |
| <b>The Friary Group (Home Start)</b> | The Friary Group aims to help mums who are isolated and / or vulnerable to come together once a week during term time to build strong relationships, get advice and access services. | <ul style="list-style-type: none"><li>• Friary Community Centre, Salisbury</li><li>• Wednesday 11:30 - 13:30 (Weekly within term time)</li><li>• T: 07503 936087</li></ul> <p><a href="https://homestartsouthwilts.org.uk/get-support/#support_groups">https://homestartsouthwilts.org.uk/get-support/#support_groups</a></p> |
| <b>Safe Haven</b>                    | A group for women with life controlling issues.  | <ul style="list-style-type: none"><li>• Hope Centre Rooms 1 and 2, St Paul's Community Centre, 159-161 Fisherton St. SP2 7RP</li><li>• Wednesdays 11:15- 13:00</li><li>• E: <a href="mailto:kerry@wearestpauls.church">kerry@wearestpauls.church</a></li><li>• T: 07722 237850</li></ul>                                      |
| <b>The Listening Place</b>           | Free confidential drop-in service, for face to face appointments.  | <ul style="list-style-type: none"><li>• Salisbury Methodist Church, St Edmund's Church St, SP1 1EF</li><li>• For a full list of days and times please see website.</li><li>• T: 01722 325294</li></ul> <p><a href="https://www.thelisteningplace.org.uk/">https://www.thelisteningplace.org.uk/</a></p>                       |



## Environmental, Nature and Garden

- |                         |   |  |
|-------------------------|---|--|
| <b>Hazel Hill Trust</b> | Hazel Hill is 70 acres of private, ancient woodland, lovingly managed by a small team from Hazel Hill Trust as a Conservation, Education and Retreat Centre. There are several ways you can get involved. | For more details please contact: <ul style="list-style-type: none"><li>• E: <a href="mailto:bookings@hazelhill.org.uk">bookings@hazelhill.org.uk</a></li><li>• T: 07399 482319</li></ul> |
|-------------------------|---|--|



## Art and Craft

### Mandys Art and Craft Group

Join Mary and her team for arts and crafts, bring your own along and try new things.

- Fisherton Hall, St Paul's Church Centre, Fisherton Street, Salisbury SP2 7QW
- 2nd Wednesday of the month 13:30 - 15:30
- E: [hello@wearestpauls.church](mailto:hello@wearestpauls.church)
- T: 01722 334005

### Sean Slater's Art School

A professionally tutored fundamentals of Painting and Drawing class. Materials not provided. Booking is essential.

- Fisherton Hall, St Paul's Church Centre, Fisherton Street, Salisbury SP2 7QW
- Mondays Afternoon Class 14:30-16:50
- Evening Class 18:30-21:00
- T: 07739 360008 (Contact: Sean)

### Sheena's Art Group

A relaxed, informal group Come and have a go! Small donation to cover cost.

- Hope Centre Rooms 1 and 2, St Paul's Community Centre, 159-161 Fisherton St, Salisbury SP2 7RP
- First Monday of the month 10:30-12:00
- E: [hello@wearestpauls.church](mailto:hello@wearestpauls.church)
- T: 01722 334005

### Well-City

Well-City Salisbury supports people with low to medium mental health needs in the Salisbury area through free, 8-week long creative courses and volunteering opportunities.

- Various venues.
- E: [wellcity.salisbury@wessexarch.co.uk](mailto:wellcity.salisbury@wessexarch.co.uk)
- T: 07707296883

<https://www.wellcitysalisbury.co.uk/>



## Digital and Online

### Digital Support Appointment - Salisbury Library

Sessions designed to help you learn more about using computers, the internet, smartphones, tablets, and other devices.

- Salisbury Library, Market Walk, SP1 1BL
- E: [libraryenquiries@wiltshire.gov.uk](mailto:libraryenquiries@wiltshire.gov.uk)

<https://libraries.wiltshire.gov.uk/web/arena#/>

### Side by Side

Online peer-support community. Safe and supportive space where people can connect with others who understand their experiences with mental health (provided by MIND). <https://sidebyside.mind.org.uk/>

### Togetherall

A digital mental health support service which is available online, 24/7. Monitored to ensure the safety and anonymity of all members. Various resources and guides available. <https://togetherall.com/>

### Shout (Wiltshire)

A Wiltshire specific text support service. Individuals can receive free, confidential support from a trained volunteer via text message. For anyone struggling with mental health. Text WILTS to 85258



## Religious, Cultural and Ethnic Activities

### SP2 Lifegroup

A group who meet to explore faith, the Bible and life together in creative ways. We start with a meal at 7pm, all welcome.

- Hope Centre Rooms 1 and 2, St Paul's Community Centre, 159-161 Fisherton St, SP2 7RP
- Wednesdays 19:00 - 21:00
- T: 07722 237850

### Oasis

A bible study group for women of all ages. It makes time in the week to meet with God, be refreshed, make friends, and grow in the Christian life.

- E: hello@wearestpauls.church
- T: 01722 334005



## Physical Activity, Sport and Exercise

### Sahaja Yoga

Sit on chairs to achieve yoga, effortlessly & spontaneously. So, there is no need for mats and no special clothing required.

- Salisbury Quaker Meeting House, 51 Wilton Road, Salisbury, SP2 7EP
- Fridays, 19:45
- E: sahajayogasalisbury@gmail.com

<https://www.meetup.com/free-meditation-yoga-salisbury/events/hgsdgyfcqbc/>

### Parkrun - Salisbury

Parkrun is a free, fun and friendly weekly 5k community event.

- Churchill Gardens, Southampton Road, SP1 2LW
- Every Saturday at 9:00

<https://www.parkrun.org.uk/salisbury/>

### Age UK Fitness and Friendship Club - Salisbury

Each meeting includes gentle exercise to help maintain strength, balance, and flexibility. There is no need to pre-book, but attendees will need to complete a registration form on the first session. Sessions cost £5 per session.

- United Reform Church, 30 Fisherton Street, Salisbury, SP2 7RG
- Every other Thursday, between 14:00-16:00
- E: fitnessandfriendship@ageukwiltshire.org.uk
- T: 07754 612 569

### Ramblers Wellbeing Walks

Walks are led by an experienced Ramblers Wellbeing Walks leader along tried-and-tested, easy to reach routes.

Various locations see website for details.

<https://beta.ramblers.org.uk/go-walking/wellbeing-walks>

### Street Tag

Street Tag is a gamified healthy lifestyle app that promotes and enhances community-wide participation in physical activities (walking, cycling and running). <http://www.streettag.co.uk>



## Children and Young People (incl Parents)

### Rise 61

Create positive opportunities where young people can tell a different story with their lives.

- St Michaels Community Centre, St Michaels Road, Salisbury, SP2 9LE
- E: robin@rise61.org
- T: 07730 874 543

<https://www.rise61.org/>

### My Comic Soda Bar-Board Game Café

Board game cafe for children and young people. Board games available, as well as a 'bring your own boardgame' option.

- 45-49, Catherine Street, Salisbury, SP1 2DH
- E: mycomicsodabar@gmail.com

<https://www.experiencesalisbury.co.uk/listing/my-comic-soda-bar/>

### Just Ju-Ju

An interactive Children's Singing Group for children aged 2-5.

- Hope Centre Room 4 159-161 Fisherton St, SP2 7RP
- Mondays 10:15 - 11:15
- E: justjujuaunted@gmail.com
- T: 01722 711045

### Rhyme Time - Salisbury Library

Please come and join us for Rhyme Time!  
Book via library, Facebook or phone.

- Salisbury library, Market Walk, SP1 1BL.
- Mondays 9.30am (Babies). Wednesdays 11am (Toddlers). Fridays 10am (Babies & Toddlers).
- T: 01722 324145

### The Ark

A church-led parents and toddlers group. Opportunity for parents to find friendship, support and encouragement in a relaxed environment while the toddlers enjoy themselves.

- Fisherton Hall, St Paul's Church Centre, Fisherton Street, SP2 7QW
- Wednesday 10:15 - 11:45
- E: hello@wearestpauls.church
- T: 01722 334005





## Health Matters

### Wiltshire Sight - Salisbury Social

Supporting Blind and Partially Sighted People across Wiltshire. Appointment only.

- Salisbury Baptist Church
- 3rd Wednesday of each month.
- T: 01380 723682

<https://www.sightsupportwest.org.uk/wiltshire/>

### Wiltshire Sight - Salisbury Resource Centre

A Community Sight Loss Advisor. Drop in or call to book an appointment.

- Salisbury Resource Centre in WS charity shop
- Every Tuesday from 10:00-16:00.
- T: 01380 723682

<https://www.sightsupportwest.org.uk/wiltshire/>

### Parkinson's UK - Salisbury

Group offers friendship and support locally to people with Parkinson's, their families, and carers.

- Salisbury Quaker Meeting House.
- Monthly, every third Tuesday 14:00-16:00.
- E: [jhenderson@parkinsons.org.uk](mailto:jhenderson@parkinsons.org.uk)
- T: 0344 225 3694 (Contact: Jane Henderson)

<https://localsupport.parkinsons.org.uk/provider/salisbury-branch>

### Happy Hearts

Those looking to help improve heart health and lung capacity.

- South Newton Village Hall, South Newton, SP2 0PJ
- Face to Face Classes (£10 per session)
- Mondays 10:30 - 11:30
- E: [Salli@SallisHappyHearts.co.uk](mailto:Salli@SallisHappyHearts.co.uk)
- T: 07969 909162 (Contact: Salli)

### Salisbury Diabetes Group

The group provide support to people living with diabetes, as well as their family and friends.

- St Paul's Church Hall, St Paul's Road, Salisbury, SP2 7QW
- Meet monthly.
- T: 01722 334005

<https://stonehenge.diabetesukgroup.org/>



## Cost of Living

### St Paul's Foodbank

Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher.

- Fisherton Hall, St Pauls Church, Fisherton Street. SP2 7QW.
- Monday, Wednesday & Friday 11:00 - 14:00
- E: [info@salisbury.foodbank.org.uk](mailto:info@salisbury.foodbank.org.uk)
- T: 01722 580173

<https://salisbury.foodbank.org.uk/locations/>

### Bemerton Heath Foodbank

Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher.

- St Michaels Cafe - St Michaels Church, 96 St. Michaels Road Bemerton, SP2 9LETuesday 15:30 - 18:00, Thursday 15:30 - 18:00
- E: [info@salisbury.foodbank.org.uk](mailto:info@salisbury.foodbank.org.uk)
- T: 01722 580173

<https://salisbury.foodbank.org.uk/locations/>



## ... cont ...

### **Bemerton Heath Community Fridge**

Working with local retailers and individuals who donate food that is near its best before date or that is surplus to their need.

- St Michael's Community Centre, 96 St Michael's Road, Salisbury, SP2 9LE
- Monday - Friday 10:30 - 14:00

<https://bemertonparish.org.uk/contact>  
<https://bemertonparish.org.uk/community-fridge-larder/>

### **Salisbury Pantry**

Membership open to residents from the Salisbury City Parish area who are struggling to pay bills. Weekly membership of £5.00, members will be able to choose from a selection of food.

- 59 Catherine Street, Salisbury, SP1 2DH
- Tuesdays 10:00 - 15:00
- E: [salisburypantry@salisburycitycouncil.gov.uk](mailto:salisburypantry@salisburycitycouncil.gov.uk)
- T: 01722417100

### **Somewhere to Go**

For those in the area needing assistance support and guidance on debt management, rent arrears, utility costs and benefit claims.

- Alabare Place, Barnard Street.
- E: [housingsupport@alabare.co.uk](mailto:housingsupport@alabare.co.uk)
- T: 01722 334687 Mon - Sat (11:00-15:00)

<https://www.alabare.co.uk/home/somewhere-to-go2/>



## Volunteering

### **Cancer Support Salisbury**

Weekly drop-in's, where people can come and relax and chat and feel supported.

- 51 Wilton Road, Salisbury, SP2 7EP
- E: [info@cancersupportsalisbury.com](mailto:info@cancersupportsalisbury.com)
- T: 07926 841698

<https://www.cancersupportsalisbury.com/volunteering>

### **River Bourne Community Farm**

River Bourne Community Farm is a free to visit, city farm including fifty-four acres of beautiful water meadows.

- For further details please see website or call.
- T: 01722 330667

<https://www.riverbournecommunityfarm.org.uk/>

### **The Dogs Trust**

Volunteering opportunities for dog walking and kennel cleaning at rehoming centres in Salisbury.

Please see website for further details.

<https://www.dogstrust.org.uk/support-us/volunteering>

### **Wiltshire Wildlife Hospital**

Volunteers play a vital role in the daily running of the hospital.

Please see website for further details.

<https://www.wiltshirewildlifehospital.co.uk/volunteer>

### **Trussell Trust Community Shops**

Trussell Trust charity retail has nine shops and a donations warehouse run by a small staff team and a large team of amazing volunteers.

For more information about our shops and warehouse please call or email.

- E: [retailenquiries@trusselltrust.org](mailto:retailenquiries@trusselltrust.org)
- T: 01722 548 850

**Please note** that community and group activities details can change frequently. Always check for latest details via contact or websites for the respective organisations.

This book has been compiled by **Rethink Mental Illness** services within Wiltshire. We have approximately 90 services keeping people living with mental illness safe and well in the community, preventing their needs from escalating, and helping them live independently.

**Find a service in your area on our website.**



This booklet is available to download from: [rethink.org/wiltshirewellbeingcafes](https://rethink.org/wiltshirewellbeingcafes)

**Rethink  
Mental  
Illness**

We are the charity for people severely affected by mental illness, no matter what they're going through.

For further information on Rethink Mental Illness  
Phone **0121 522 7007** or  
email **info@rethink.org**

*Edition: Summer 2025*

**rethink.org**